

The 5-Minute Reset

A practice to return to yourself

—

wherever you are, whenever you
need it.



by Viviana Apick

This Is Your Emotional Reset.



Hello, beautiful soul.

You have built a life that works — and you know, quietly, that there is more. More alignment. More joy. More of the version of you who feels genuinely alive in what she is creating.

This is your emotional reset, created for exactly these moments — to close the gap quickly, from the inside out.

With love ,
Viviana

by Viviana Apick

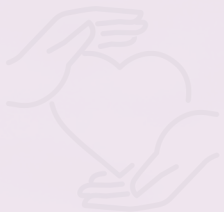
Step 1 — Pause & Drop In

Place one hand on your chest. Take three slow breaths — not deep, just slower than usual. In through the nose, out through the mouth. Then ask yourself one question:



Ask: "What is actually happening in me right now?"

Not what should be. Not what you wish. What is actually here.



Notice without judging. A tightness. A scattered mind. A feeling of pressure. Whatever is present — name it.



You are not trying to fix anything yet. You are making contact with what is real beneath the surface — and that contact alone begins to change it.

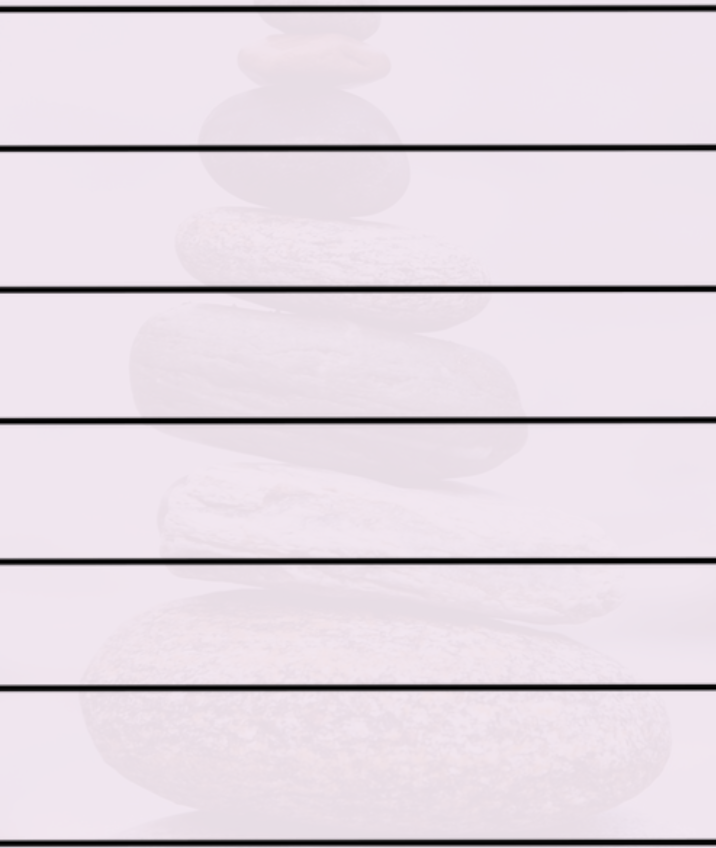
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Step 2 – Name the Part

What you felt in Step 1 is not you. It is a part of you — one that has been activated. Ask yourself which part is running the show. Just name it. Then say silently: "I see you. I know you're trying to protect me. I'm here."

Step 3 – Return to Your Expanded Self

Bring to mind the version of you who is clear, grounded, and aligned. Ask her: "What would you do next?" Let the answer come. Do that one thing.



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Five minutes. Three steps. One return.

The more often you come back to yourself this way, the shorter the distance home becomes. What once took hours of spiralling can be shortened to minutes. Integration isn't a destination – it's a practice that compounds.

If something shifted for you in these five minutes – even something small – that shift is pointing at something larger.

Come find me where I show up daily, and let's keep going together:

→  → Instagram: [instagram.com/viviana.apiok](https://www.instagram.com/viviana.apiok)

→  → Facebook Group: [facebook.com/groups/landofwealthysouls](https://www.facebook.com/groups/landofwealthysouls)

Much love, Viviana

Your guide to clarity, integration, and joyful self-trust.

by Viviana Apiok



Much Love, Viviana

by Viviana Apio